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The bees' streets

MUNICIPAL MATTERS

City looking to allow more urban apiaries

Elisha Dacey
Metro | Winnipeg

The city's administrators say we should allow beehives on downtown rooftops — and they suggest lowering the current $1,000 price tag.

In a report to be presented to the property and development committee Tuesday, city planner Kurtis Kowalke says the city should go ahead with downtown beehives, with some restrictions in size and placement.

The city has been pursuing the idea since last May, when the Fort Garry Hotel formally asked council to allow them to install apiaries on their roof.

Councillors liked the idea, so the city conducted a public consultation "because the idea of bees can spark interest, curiosity and potentially anxiety on the part of the public."

The report adds: "An informational and educational campaign has formed a key pillar of urban beekeeping strategies elsewhere."

The consultation resulted in some recommended rules, including no more than five hives on a lot including a nucleus hive, hives must be behind a secure six-foot fence and must be at least 20 feet from the edge of a permeable fence.

Hives on rooftops or terraces at least eight feet above grade would be exempt from fencing rules, and hives surrounded by vegetation at least five feet tall would not have to be set back 20 feet.

If the recommendations go ahead, anyone wanting to install a hive would apply for a conditional use variance, which costs $1,000, but "there may be interest in relaxing regulations further to facilitate urban beekeeping and to make it more affordable," says the report.

FAR NORTH EXERCISE

In the first of a series, Metro explores training beyond the 75th parallel

metroNEWS

The 38th Brigade deploys off the C-17 Globemaster in Resolute Bay Saturday. BRAEDEN JONES/METRO

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metro NEWS

Your essential daily news

Quebec film industry looks into name of Jutra Awards amid pedophile allegations against Claude Jutra.

COURT

Accused man says he found body in car

A man accused of killing and raping a Winnipeg woman says he found her body in the trunk of her car.

Thomas Brine, who is 29, is charged with first-degree murder in the 2011 sexual assault and death of 73-year-old Elizabeth Lafantaisie.

The jury watched an edited video of Brine's statement to police, and at first he denied knowing about Lafantaisie's death.

But about six hours after the interview started, he told police he popped the trunk of a car he had stolen and saw Lafantaisie's body inside.

He said he panicked, threw her purse down the parkade stairs and drove to a car wash to wash off his prints.

Then, he said, he smoked a bunch of crack cocaine and ditched the car on a street in Osborne Village.

"I never killed anybody," he repeatedly told the detectives.

He told detectives he had the car's key fob in a backpack at the place he was staying.

The jury also heard testimony from a woman who found Lafantaisie's purse in a south Winnipeg parkade stairwell.

Photos from an Osborne Village car wash have been entered in as evidence.

An RCMP forensic scientist has testified semen found on an internal swab taken from Lafantaisie matched Brine's DNA. He said the odds of it matching any other Canadian is one in 68 trillion. THE CANADIAN PRESS

Ministers sign agreement to share data on clean energy

ENVIRONMENT

Advocate says pact could be 'a leap in the right direction'

Canada, the United States and Mexico have agreed to share information, maps and clean-energy innovations — a step toward a continental energy strategy that would include lower emissions and greater energy security.

Energy ministers from the three countries met for a day in Winnipeg and said they are making progress toward greater co-operation. U.S. Secretary of Energy Ernest Moniz cited the new Liberal government in Canada, along with energy reforms in Mexico, as being part of a "revived relationship."

"The trilateral relationship certainly is not missing a beat. If anything, I think it is accelerating even more with the very strong Canadian commitment in the areas of energy, environment and innovation," he said.

Moniz, Canadian Natural Resources Minister Jim Carr and Mexican Secretary of Energy Pedro Joaquin Coldwell signed a memorandum of understanding that commits the three countries to share information on climate-change adaptation, clean-energy technologies, low-carbon electricity and more.

The three ministers also announced that an earlier plan to map out the energy infrastructure across North America and include it in one place — a web platform — has been completed.

> **"I think that it's a happy alignment.**
> Jim Carr

Carr said the three countries have a common understanding of what constitutes clean energy and share a commitment to sustainability.

"North America is truly on the same page on all of these issues. I think that it's a happy alignment," he said.

As the ministers were signing the agreement, a young man protesting the Energy East pipeline stood up and unfurled a small banner that read "Keep It In The Ground." He was allowed to say his piece before he was escorted out by security.

The pipeline would move more than one million barrels of crude oil a day from Alberta through Central Canada to refineries in New Brunswick.

Prime Minister Justin Trudeau has said a continental energy strategy will be up for discussion when he meets with President Barack Obama next month.

Some environmental groups hope the end result will be a firm climate-change agreement that would be as binding on individual countries as trade agreements are.

"It's still early days, but if this agreement evolves into a continental climate pact that has the same kind of enforcement teeth as trade agreements have now, it will be a leap in the right direction," Keith Stewart of Greenpeace Canada wrote in an email. THE CANADIAN PRESS

POLICE ARSON UNIT INVESTIGATING FIRE
Police on the scene of a fire at El Dorado Trading Centre on St. Mary's Road Sunday. The blaze led to closure of roads and evacuation of homes at about 11:10 a.m. The fire leveled the building, causing more than $1 million in damages, but no one was hurt. The arson unit continues to investigate. CONTRIBUTED

Vehicles wait as a train passes on Waverly Street near Taylor Avenue. CONTRIBUTED

South-end underpass looks likely this year

CITY HALL

Councillors upset with the way approvals process moved

Stephanie Taylor
Metro | Winnipeg

A $155-million plan to build an underpass in Winnipeg's South End is one step closer to being a guarantee in the upcoming budget.

But it won't come without councillors castigating top city bureaucrats for the lack of consultation with everyone around the council table.

A special meeting of the city's infrastructure renewal and public works committee was called Friday to debate moving ahead with the construction of a multimillion-dollar underpass at the railway crossing of Waverley Street and Taylor Avenue.

The committee had voted in January to delay the project for up to 60 days, slamming city staff for bringing it forward only to be rubber-stamped.

On Friday, Coun. Devi Sharma reminded the city's chief administrative officer, Doug McNeil, that a request had been made for all councillors to be briefed on the issue during a closed-door meeting before it came back to the committee, which she said never happened.

> Quote in the medium font, and keep the quote short
> Name of person who said it

"Why are we leaving other councillors in the dark on this big file?" she asked.

The committee heard the matter had in fact been discussed during a private committee briefing several weeks ago and, according to the perspective from public administration, a second briefing "wasn't necessary," McNeil explained.

All of council was informed of the project last March, and its scope has not changed, he added.

"It's my job to say if it's adequate, not the administration's," Sharma said.

"I'm not saying this is not a valuable project, but the process just stinks."

Coun. Shawn Dobson agreed, saying he would have liked more notice that the project was coming before the committee in the first place.

The committee's decision whether to approve the project was eventually defeated by a tie vote, meaning it will now be heard before the executive policy committee with no recommendation.

'MAYDAY'

Two firefighters rescued from burning basement

Two Winnipeg firefighters have been released from hospital after becoming trapped in the basement of a burning home.

Firefighters responded to the blaze early Saturday morning and began to search inside for residents.

While two of the searchers were in the basement, a flashover trapped them inside.

United Fire Fighters of Winnipeg president Alex Forrest says in a Facebook post that the firefighters called "mayday" and more crews came to their rescue. THE CANADIAN PRESS

Consultant voices concerns with methods of city staff

A local consultant appeared before Friday's special infrastructure committee meeting to warn councillors there are "serious flaws" with how plans to build a $155-million underpass are unfolding.

Ken Klassen voiced numerous concerns about the city's handling of the project, from its cost estimates to its "hiding" of information from members of the public.

He told the committee he was denied access to the city's Build Canada fund application for the project, and was informed he could only obtain the document by filing a request under the Freedom of Information and Protection of Privacy Act.

Klassen also blasted the public administration's plan to award a $12.3-million single-source engineering contract to Dillon Consulting Limited without undergoing a tendering process.

"I personally have never seen such a large untendered contract," he said, warning it sets a bad precedent for future capital projects, and is unfair to other companies.

City staff said such a move is common, and explained that preliminary design work had been previously awarded to Dillon, essentially making other firms ineligible to continue without starting over.

"It's a common practice," Sharma said. "That doesn't mean it's fair, transparent or correct."

The committee also heard no cost-benefit analysis was ever done for the project, as is the case with many other infrastructure projects, according to city administration.

They explained the city will examine "intangible" benefits behind a project, such as public safety and improved services, which is different than the provincial and federal levels of government.

STEPHANIE TAYLOR/METRO

TRANSIT TUESDAY
Weekly Transit News Update

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METRO'S ARCTIC ADVENTURE

Braeden Jones
Metro | Winnipeg

Into the North

The 38th Brigade gets ready to move onto sea ice after repairing snowmobiles. PHOTOS: BRAEDEN JONES/METRO

Arctic Ram readies troops for sovereignty response

"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're a part of a larger contingent of Canadian Forces (CF) members, including Rangers and regular service members, training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as high as Resolute Bay, close to latitude 75°. During the flight some characterized it as "basically as far north as you can get," or "as far as Peru … but north."

It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north. The community of Resolute is one of the most northern populated settlements in the Canadian Arctic.

But the reservists — hailing from Manitoba, Saskatchewan and northwestern Ontario — stayed at the Arctic Training Centre northwest of that hamlet, on a compound shared with the Polar Continental Shelf Program.

At least they did for Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise would be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp with light gear.

After spending most of Saturday evening repairing snowmobiles and specialized "Kamotik" sleds — long skidded platform sleds that are bound with rope rather than nailed together, for flexibility over the rough terrain — ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said regardless of the scenario, the training is "invaluable."

"We've done a handover, we've shown that we can do this. We can spool this up," he said.

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

"So that's quite a projection to be able to do," he said. "The more people that we can move, and the faster we can get to what we need to do, is (all) a part of the scenario, and we can show that."

During Exercise Arctic Ram 2016, Metro will be reporting on different aspects of the Canadian Arctic, the community of Resolute, and the military's presence and training in the area.

EVERY YEAR

Arctic Ram is one of a number of annual exercises that test the ARCG and prepare more CF members for real-life scenarios not unlike this year's exercise.

The ARCG is meant to support the regular forces in operations in the North and to ensure sovereignty of the Canadian Arctic.

The frequent turnover of Canadian Army reservists means the training has to be annual, to make sure that more are able and trained to work in the high Arctic.

"(The) vast majority this year are all brand new to the Arctic, brand new privates that have just completed their basic training in winter warfare," said Maj. James Meredith, the officer in command. "Having (this) experience and that exposure and rapport … all of a sudden we can do what we're supposed to do.

"But it's that learning bit that we go through every year."

PPCLI paratroopers set up a preliminary camp with light gear.

Hope for feds, city to end CMHR tax dispute

ECONOMY

Finance chair Morantz upbeat matter will be resolved soon

Stephanie Taylor
Metro | Winnipeg

The city's finance chair hopes that with a new federal government — and its renewed interest in municipal matters — Winnipeg can finally put its tax dispute over the value of the Canadian Museum for Human Rights to rest. Marty Morantz raised the topic to Friday's finance committee, saying the city is owed $6.7 million in outstanding taxes from the feds due to a disagreement over the assessed value of the building.

Federal properties are not subject to pay regular property taxes, but instead pay municipalities what's called a payment-in-lieu-of-taxes to cover the cost of services, such as police.

Morantz said the city's finance department pegs the assessed value of the building, which opened in 2014, at around $100 million, while Ottawa says its closer to $30 million. "If we were in agreement on the assessment, the federal government would have paid the taxes. That's the core of the issue," he told reporters afterwards.

Morantz offered little in the way of explanation as to the reason behind the $70 million discrepancy, in spite of the fact the museum cost in excess of $350 million to build. "It is what it is."

The Canadian Museum for Human Rights is at the centre of the disagreement. METRO FILE

> **If we were in agreement on the assessment, the federal government would have paid the taxes. That's the core of the issue.**
> Winnipeg finance chair Marty Morantz

For Morantz, one of the biggest problems is when the city issues a tax bill it is required to dole out for education and school taxes — regardless of whether any money is collected.

That means the city has paid $4.5 million on uncollected taxes from the museum, he said.

He said the city has appealed its assessment for the 2015 tax year before a dispute advisory panel — a federal appointed board of citizens that deals with tax assessment issues.

What happens next will depend on the outcome of that review, Morantz said, but says he's had no discussions around pursuing litigation.

Pointing to a recently settled dispute over the value of the land and his ongoing conversations with Winnipeg South Member of Parliament Terry Duguid, who oversees the file, Morantz said he's hopeful an agreement will be on the horizon.

"It leaves me optimistic in working with our federal counterparts that we will be able to successfully resolve the issue."

ENTERTAINMENT HORRORCON'S WINNIPEG DEBUT IS FRIGHT ON TIME Winnipeg's first HorrorCon was held over the weekend at the RBC Convention Centre, where Kane Hodder, the actor who played Jason in several of the Friday the 13th movies, was a guest star. Above, Leatherface and friends participate in a photo booth. MEG CRANE/FOR METRO

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Political ad gets fact-checked

YOUTUBE

NDP video calls out P.C. leader's past remarks

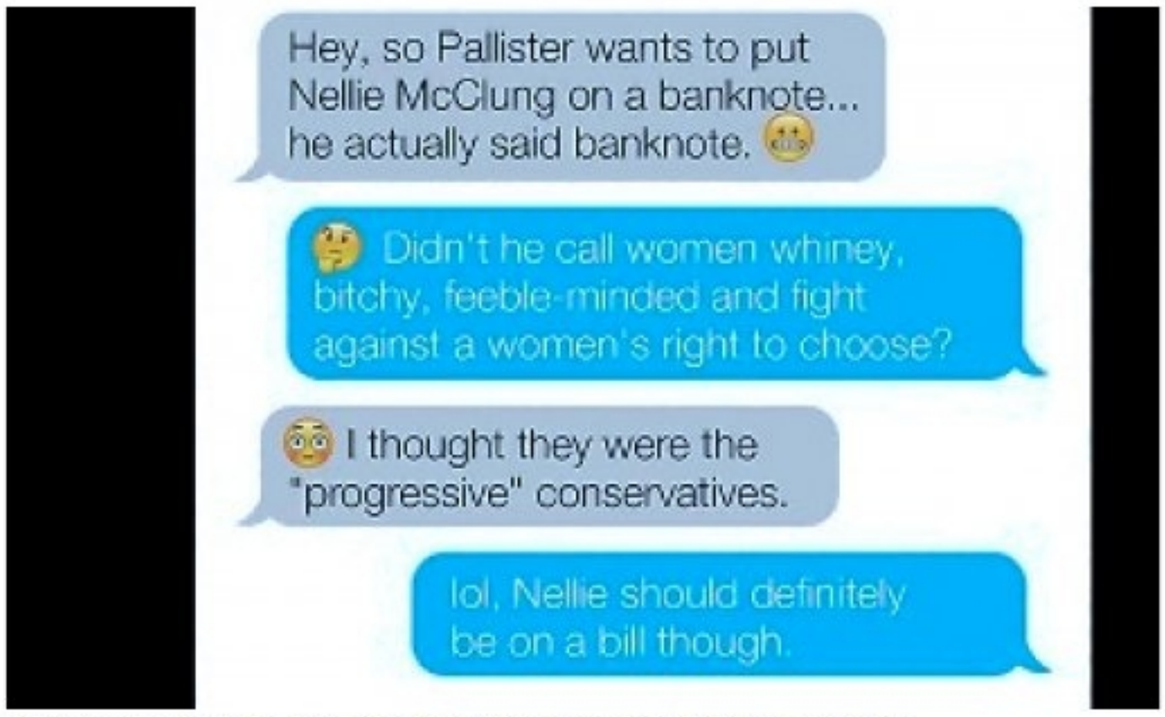
In the lead-up to the April 19 Manitoba election, The Canadian Press is running a series of stories called Ad-Curracy, in which they look at the facts behind claims made in political advertisements.

This instalment focuses on an advertisement by the NDP, hosted on the party's YouTube channel.

The ad:

The 15-second video depicts text messages between two unidentified people who are discussing Progressive Conservative Leader Brian Pallister. One asks the other: "Didn't he call women whiny, bitchy, feeble-minded and fight against a women's (sic) right to choose?" The other responds: "I thought they were the 'progressive' conservatives."

The claims:



A screenshot from the Manitoba NDP ad, as posted on their YouTube page.

Did Pallister call women whiny or bitchy?

The NDP source is a Globe and Mail article from December 2000, which reported that Pallister, then a Canadian Alliance MP, had sent a letter to Progressive Conservative Leader Joe Clark in which he said Clark's party was becoming "a kind of whiny, bitchy Dalton Camp with PMS." Camp was a male political strategist who had previously been a senior adviser to former prime minister Brian Mulroney.

Did Pallister call women feeble-minded?

The NDP source is an exchange in the Manitoba legislature in 1996, when Pallister was the provincial minister of government services. In question period, New Democrat member Dianne McGifford asked whether Pallister would accommodate protesters who wanted to camp on the grounds of the Manitoba legislature. Pallister said: "This particular question, I believe, sets a new low in revealing the feeble-minded attempt of members opposite to garner attention for themselves at the expense of others." He then went on to say the protesters were already approved to set up across the street from the legislature in Memorial Park.

> **No. No. No. That's not on the radar and it's not in our planning.**
> Brian Pallister, when asked in an interview in 2015 whether he'd support restrictions on abortion.

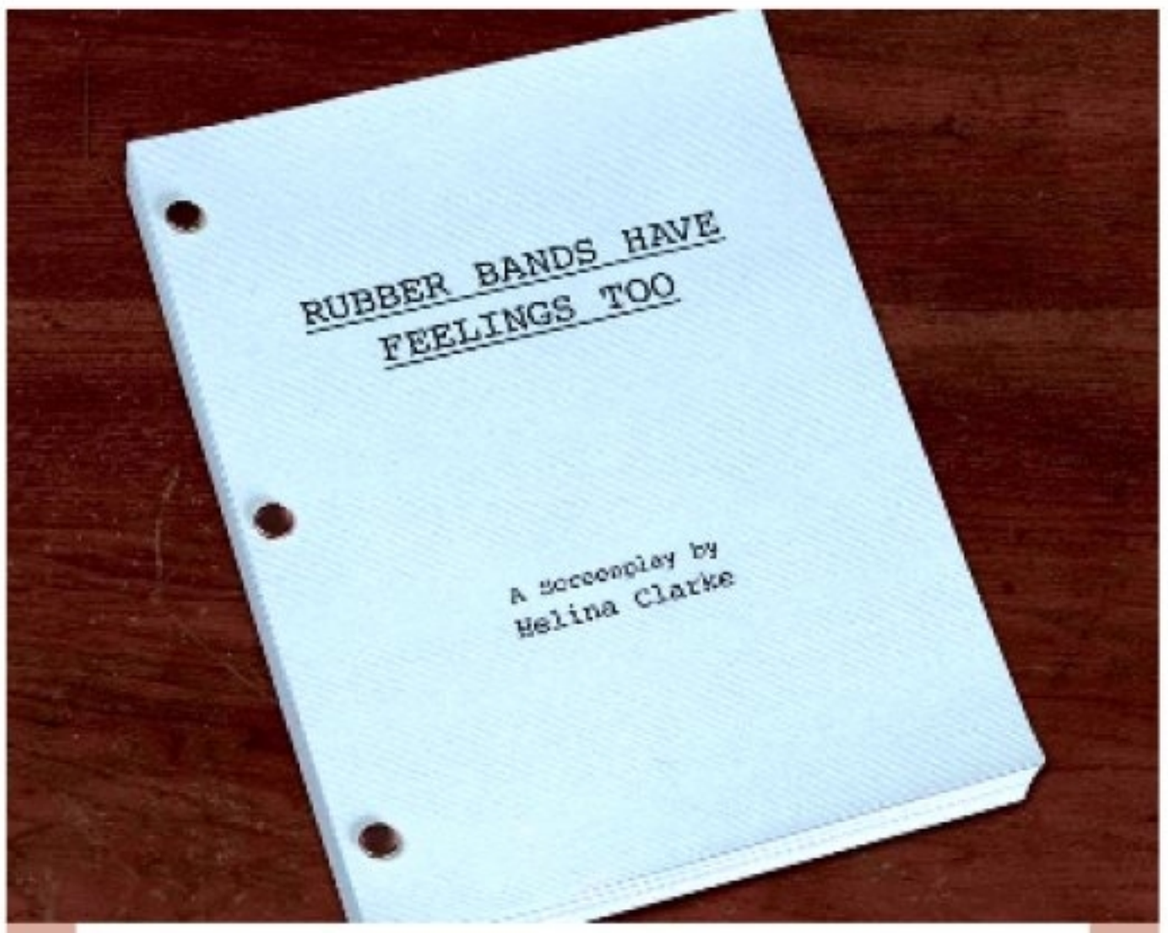
Did Brian Pallister fight against a women's right to choose?

The NDP point to a 1998 report from the Ottawa Citizen. Pallister, in a wide-ranging interview with the newspaper's editorial board, "declined to provide details of his position on several topics such as abortion law — he's against abortion, he says."

A 1998 article from The Interim, a newsletter run by the Campaign Life Coalition, reported on the views of Pallister and others who were then running for leadership of the federal Progressive Conservatives. The article states that, in response to a questionnaire, Pallister did not say "whether he would actively support measures to protect children in the womb." The article says Pallister believed that life begins at conception and "said he would work to ban experimentation on fetal tissue, to exclude abortion as an insured service under the Canada Health Act."

The Campaign Life Coalition in 2008 counted Pallister as among 108 Conservative, Liberal and Independent MPs who opposed an Order of Canada award for Henry Morgentaler.

In a 2015 interview with The Canadian Press, Pallister said he personally supports abortion rights and would not impose any restrictions if he becomes premier. "No. No. No. That's not on the radar and it's not in our planning," he said.



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PROVINCIAL ELECTION

Advocates outline disabled's needs for next government

Meg Crane
Metro | Winnipeg

An underrepresented community in Manitoba says accessibility is their biggest priority, and they want all three parties to take note this election season.

Disability Matters: Vote 2016 (DMV2016) announced its five key priorities for the April 19 provincial election Friday at Fresh Carrot in Osborne Village.

Terry Zolinski, owner of the organic grocery store, said he has grappled with mental illness in the past.

"I was treated like a second-class citizen," said Zolinski. "The company I worked for did things to me that were totally unacceptable.

"I always hoped that I could do better for other people," Zolinski said, adding he has made a point of hiring people with disabilities in his store.

The advocacy group wants election parties to address the issues of accessibility in Manitoba, fair wages for those working with people with disabilities, timely access to disability related services, employment opportunities, and a liveable income for people with barriers to employment.

Fresh Carrot owner Terry Zolinski, right, stands before the crowd Friday at the store. MEG CRANE/METRO

"These priorities are the greatest needs of people with disabilities in this province," said Malinda Roberts, spokesperson for DMV2016.

She said Barrier Free Manitoba and Abilities Manitoba identified these issues through public consultations and surveys.

"These are real issues with real people behind them," said DMV2016 spokesperson Allen Mankewich.

Valentine spurs complaint

EDMONTON

Man receives homophobic note on the job

A man says he is filing a complaint with police after he received a Valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the Valentine that he received from a Party City store in Edmonton where he has worked for years said he wasn't getting any shifts "for a reason."

Sikorski said police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said, 'Absolutely this is a hate crime. We will absolutely have to look into this.'"

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Company officials were not available for comment Monday, but have indicated they will release more information when it becomes available.

Sikorski, who has been working at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the Valentine and from company management, he said.

"The name is Party City, for Pete's sake. It should be about a friendly and welcoming atmosphere."

Sikorski said he is still not on the company's work schedule and isn't sure he wants to go back.

Support from family, friends, strangers and community leaders has helped him speak out about what happened, he said.

"It is terrifying being seen in the public eye like this and for something as horrible as this hate speech."

THE CANADIAN PRESS

A Valentine given to Degas Sikorski, shown in a Facebook post by his mother Shelley Bramhoff Sikorski. THE CANADIAN PRESS

> "It is terrifying being seen in the public eye like this and for something as horrible as this hate speech."
> Degas Sikorski

INDIGENOUS WOMEN

Pre-inquiry talks come to close

Michael Woods
Metro | Ottawa

The federal government is a step closer to launching a national inquiry into missing and murdered indigenous women after wrapping up pre-inquiry consultations in Ottawa on Monday.

Minister of Indigenous and Northern Affairs Carolyn Bennett and Minister of Status of Women Patty Hajdu met with families of missing and murdered indigenous women at a downtown Ottawa hotel.

The meeting was the last of 18 across the country over the past three months, during which the ministers heard from 2,000 people about who should conduct the inquiry, its scope and length and who should participate.

"We're going to take everything we've heard and try to turn it into a very different inquiry than Canada's ever seen before," Bennett told reporters.

She said she hopes to launch the inquiry by the summer.

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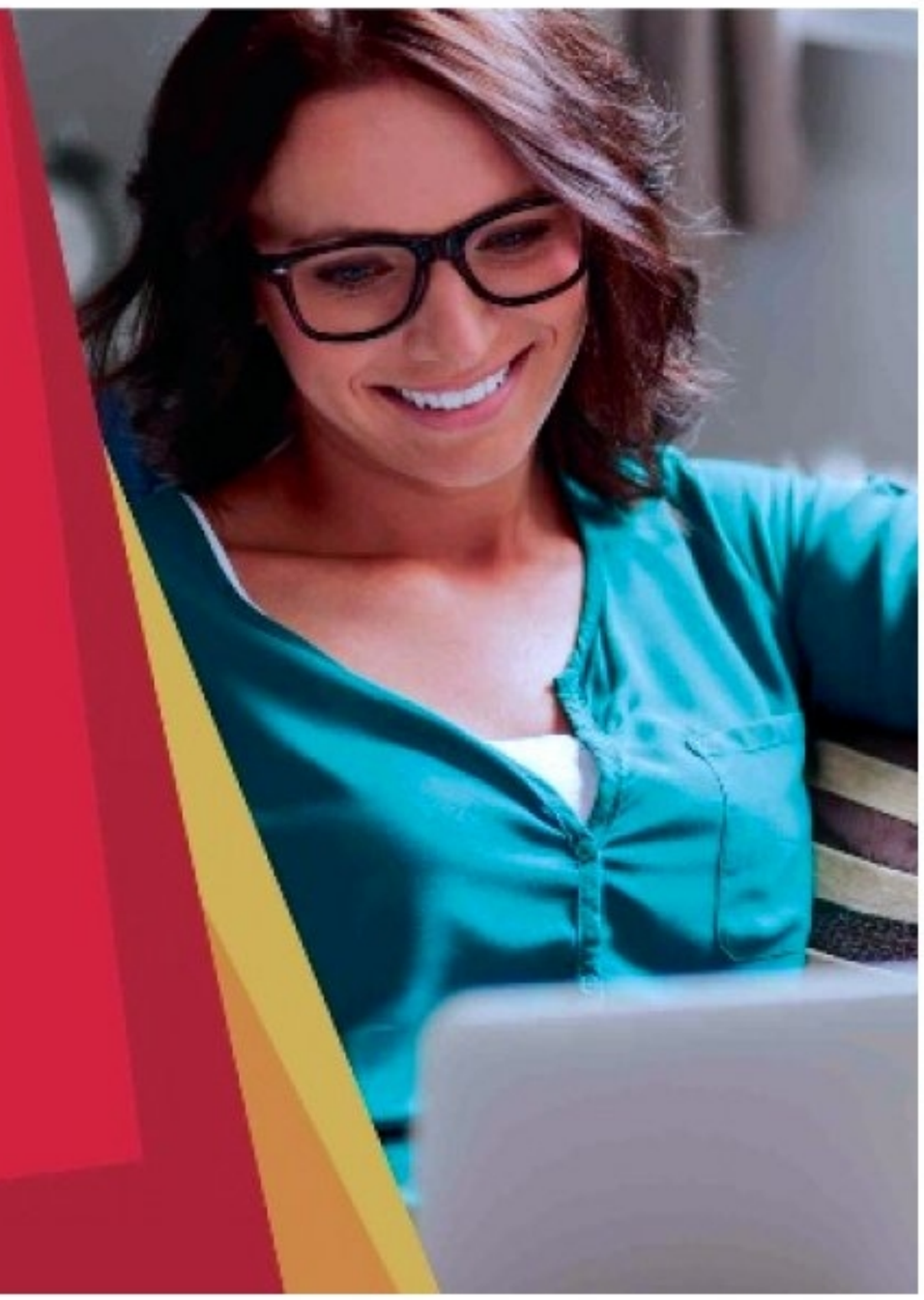

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Sunny days for Bollywood star

INTERVIEW

Wildly popular actress boasts Canadian roots

The most googled person in India hails from Sarnia, Ont.

Sunny Leone, a Bollywood movie star, is the best-known Canadian in that nation of almost 1.3 billion.

Leone has topped India's Google searches every year since 2012 — eclipsing even popular Prime Minister Narendra Modi.

A daily fixture on the Bollywood pages of India's thousands of newspapers, she appears in ads for energy drinks, her own line of perfume and condoms — a wink at her early career starring in American porn films.

Leone exudes Canadian modesty when discussing her fame in the world's largest movie industry, which annually releases more than twice as many productions as Hollywood.

"I just see myself as a girl that just wants to work and is happy doing that. I know it all goes hand in hand but for me I'm just following my dream of working in Bollywood," she told Torstar News Service.

Bollywood star Sunny Leone's latest film, the sex comedy Mastizaade, was delayed by India's Central Board of Film Certification for six months because of its sexual content.

ASHISH SHARMA/REX FEATURES VIA TORSTAR NEWS SERVICE

Born Karenjit Kaur Vohra in Canada 34 years ago, she has happy memories of her childhood in southwestern Ontario before her family moved to the U.S. when she was a teenager.

"It was great growing up in Sarnia — great place for kids to grow up," said Leone, whose parents have since passed away.

Unapologetically liberal in a country with strict film censorship rules that prohibit nudity from being shown on screen, Leone gained even greater prominence last month after a contentious interview with journalist Bhupendra Chaubey on CNN's Indian network.

In a scolding tone, Chaubey condemned her "past as a porn queen" and suggested she was causing the spread of pornography in India.

> "I just see myself as a girl that just wants to work and is happy doing that."
>
> Sunny Leone

Repeatedly haranguing the poised Leone, he quoted politicians who have publicly accused her of "corrupting Indian minds, Indian morality."

Afterward, many in India rallied to her defence, saying no male Bollywood star would have ever been treated so disrespectfully.

Leone was philosophical about the encounter, reflecting on her own successful transition to mainstream Indian stardom in a nation of traditional values.

"I believe out of a very uncomfortable situation some positive has come from it," the actress said.

"I am attacked on a regular basis, but for the first time people were watching the way someone spoke to me — and felt what I feel regularly."

TORSTAR NEWS SERVICE

CRIME

Slain officer mourned

A Quebec police constable who died in the line of duty has been remembered by friends as a go-to guy who was always ready to lend an ear.

"In my heart, I lost a brother," Simon Villeneuve said of his friend, Thierry Leroux, who was shot Saturday night as he and another officer responded to a domestic call.

THE CANADIAN PRESS

Woman accused of sex offences involving kids

Police say a 36-year-old woman is facing six charges in a sexual assault investigation.

Ontario Provincial Police say they launched the investigation after allegations of sexual offences involving children in Tweed, Ont.

Police say the alleged incidents occurred from 2013 to 2016 and involved kids aged 12 to 15.

A woman from Stirling, Ont., is being held in custody pending a court hearing on Tuesday.

THE CANADIAN PRESS

Top court seat ups stakes

U.S. SUPREME COURT

Justice's death makes vacancy an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's makeup is crucial to preserving abortion rights and the legality of gay marriage nationwide.

"If any of us needed a reminder of just how important it is to take back the United States Senate and hold onto the White House, just look at the Supreme Court," Clinton said.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat.

THE ASSOCIATED PRESS

Members of People for the American Way gathered at **the U.S. Supreme Court in Washington** on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

PRESIDENTIAL RACE

GOP war of words heats up

In 2011, eyebrows shot up when former vice-presidential candidate Sarah Palin used a salty acronym — WTF — to mock the policies of President Barack Obama.

Five years later, Donald Trump has blown right past acronyms. He's in a profanity-laced campaign for the Republican nomination that has seen multiple candidates hurl insults and disparaging remarks at one another.

In recent days, Trump has publicly lip-synced the F-bomb, blurted out the S-word more than once and fired a steady string of put-downs at opponents whom he labels as losers, liars and evil.

While Trump started it, other GOP candidates have jumped right into the fray. Ted Cruz has said Trump is "losing it," and dismissed his insults as "hysterical."

Before exiting the race, New Jersey Gov. Chris Christie predicted that he could beat Hillary Clinton in a debate, promising, "I'll beat her rear end on that stage," and tormented fellow Republican Marco Rubio as a fragile "boy in the bubble."

THE ASSOCIATED PRESS

HEALTH

'Moonshot' cancer funding not enough, says expert

Days after launching his $1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws in Biden's pledge, particularly its price tag — not enough money to bring a single drug to market.

With the looming election, Biden's days in the West Wing are numbered, with no guarantee it will be approved by Congress.

But cancer research advocates believe Biden is in this fight for the long haul — the $1 billion isn't a moonshot, but a "down payment." TORSTAR NEWS SERVICE

U.S. Vice-President Joe Biden visits the Abramson Cancer Center on Jan. 15.
DANIEL BURKE/TORSTAR NEWS SERVICE

SYRIA

Russia implicated in strikes targeting hospitals, school

Airstrikes blamed on Russia hit at least two hospitals and a school in northern Syria on Monday, killing and wounding dozens of civilians and further dimming hopes for a temporary truce, as government troops backed by Russian warplanes pressed a major offensive north of Aleppo.

The raids came days after Russia and other world powers agreed to bring about a pause in fighting to allow for the delivery of humanitarian aid and the revival of peace talks.

The projected truce agreed on Friday in Munich was to begin in a week, but there was no sign that would happen.

THE ASSOCIATED PRESS

REFUGEES

Vigilantes inspired by Odin in Norway

Norwegian police say a vigilante group calling itself the Soldiers of Odin has made its first appearance in the Scandinavian country amid an influx of new refugees arriving in the state.

Vestfold Police spokesman Torgny Alstad says about a dozen men dressed in black jackets, adorned with a Viking helmet and the group's name, patrolled the streets of Tonsberg near Norway's capital city on Saturday night.

He said Monday that officers closely watched the group, but reported that no incidents were occurred during their observations.

The Soldiers of Odin, who derive their group's name from the chief Norse god, was founded last year in Finland where the group regularly conducts street patrols.

The group says it's protecting residents from a perceived threat posed by migrants.

The group claims about 600 members in Finland, with additional groups in Britain, the U.S., Estonia, Germany and Sweden. THE ASSOCIATED PRESS

600

The Asgardian-inspired group says it has around **600 members in Finland**, with additional bands across Europe.

Millennials cool to older brands

MARKETING

Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

> "(Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy

LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

HOUSING

Mortgage new rules kick in

Canadians looking to buy homes between $500,000 and $1 million will have to put down larger down payments as new federal rules took effect Monday. Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than $500,000.

Buyers can still put down five per cent on the first $500,000 of a home purchase. Homes that cost more than $1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

THE CANADIAN PRESS

CONFIDENCE

Investor nervousness at levels not seen since crisis: Report

One of Canada's biggest insurance and financial services companies says nervousness among Canadian investors has risen to levels not seen since the financial crisis.

Manulife Financial says Canadian investors have lost confidence in mutual funds, exchange-traded funds and balanced mutual funds over the past six months. It also suggests housing is seen as a less attractive investment, while confidence in fixed income investments is the same.

Manulife's semi-annual investor sentiment index dropped to 16 in December from 19 last May.

Investors in Ontario and the Atlantic provinces were the most optimistic with a score of 20, while Quebec ranked lowest at nine. Alberta was second lowest at 14.

"Canadian investors are facing a long list of uncertainties, including tremendous volatility in both oil prices and the value of the Canadian dollar," said Frances Donald, senior economist for Manulife Asset Management.

The poll also suggested that many Canadians are concerned about the future direction of interest rates.

"The Bank of Canada has been suggesting that interest rates are on hold or may even fall further over the coming year," Donald said.

"Yet, interestingly, 40 per cent of Canadian investors still expect interest rates to rise, highlighting the ongoing uncertainty around the interest rate outlook."

The semiannual Manulife index was based on an online survey done in December 2015 by Environics Research.

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Tuesday, February 16, 2016

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Metro POLL

Internship injustice?

Visit metronews.ca **to have your say.**

One person's slave labour; another's sensational opportunity. Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

1 Is it ever okay not to pay interns?

2 What's your experience with internships?

29% I've never been an intern
22% I've been an unpaid intern and it was terrible
17% A friend or family member has been an unpaid intern
15% I've been a paid intern
11% I've been an unpaid intern and it was great
6% Other

3 If you're against unpaid internships, what are your reasons?

17% They're adding to student debt
15% They don't actually lead to jobs
14% Only rich kids can get job experience
14% Employees will be replaced with unpaid interns
13% They do not provide adequate job protections
12% They increase inequality or drive down wages
9% They're just plain wrong
2% I'm not against unpaid internships
4% Other

I've been an unpaid intern and it was great — though I was only able to because I had money saved.

I'm a human being. Not a car that you can test drive!

Internships are expected of older workers doing job changes, not just for kids.

It poses a problem for students who already work part-time.

WE ASKED Metro readers

An overlooked, obvious cyberbullying remedy

Emma Teitel

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone — it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know one another hurt one another in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice — and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky unveiled her own line of heart-shaped "#BeStrong" Emojis, a tool she is encouraging young people use when they face adversity online.

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break. Unplug. Do something else.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was: "Maybe you should turn that thing off for a few hours." I did, and suddenly my pain felt a bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board, to "promote self-esteem, self-image and the importance of accepting who you are."

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed … they were writing things like, 'Love the skin you're in,' and 'Proud to be an independent woman.' They weren't prompted to write these things."

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help, and the demographic least likely to get it — teenagers — needs it most.

In the fight against cyberbullying, apps and emojis aren't a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

Emma Teitel is a national columnist for the Toronto Star.

metroview

Padlock your phone: The only reliable way to unplug in 2016

Matt LaForge
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

You've heard of this kind of initiative before, and, as is typical, the PR around "Family Day Unplugged" is couched in language that, while a bit too willing to imply any parent who answers a text when a kid is in the room is cruising for "Cats in the Cradle"-grade spiritual comeuppance, succeeds in getting the point across. No, we don't yet live in an anomic tech-dystopia but, yes, we do screw around on our phones too much.

In principle, then, it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen firsthand what it takes to induce a large group to go phoneless, as opposed to merely promising that they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. So that I get to watch the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

Only such a beloved and rarely seen comic as Chappelle could get away with this. But it worked. His material is still as strong today as it was in 2003, and only those of us who saw it in the moment can say so.

Barring a pocket notebook, the only way to preserve the jokes was to rush out to the phone-check table as soon as the set was over, unlock the sock and frantically write down as much as possible. It felt like an instructive return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

Matt LaForge is the managing editor of views and features at Metro.

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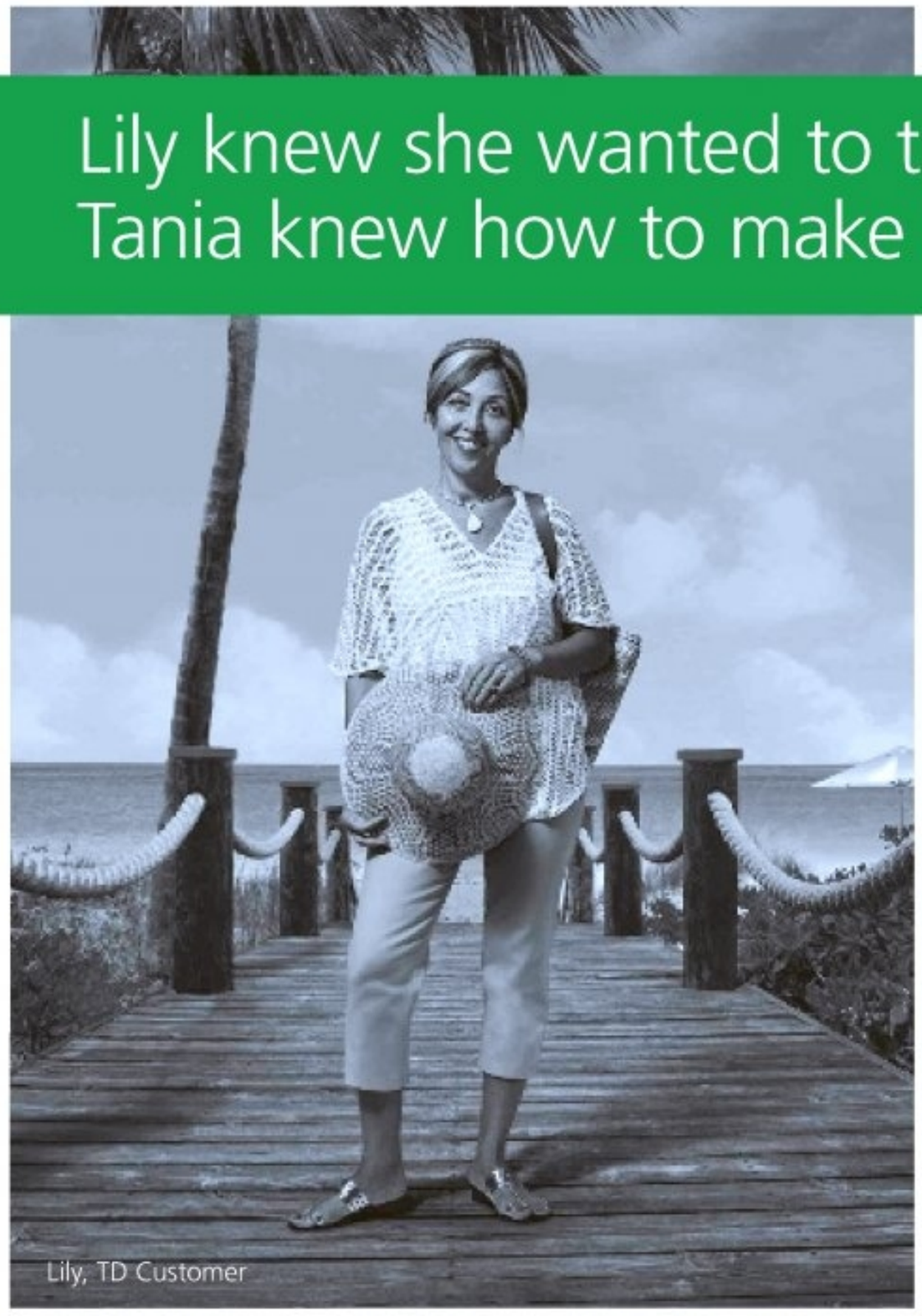

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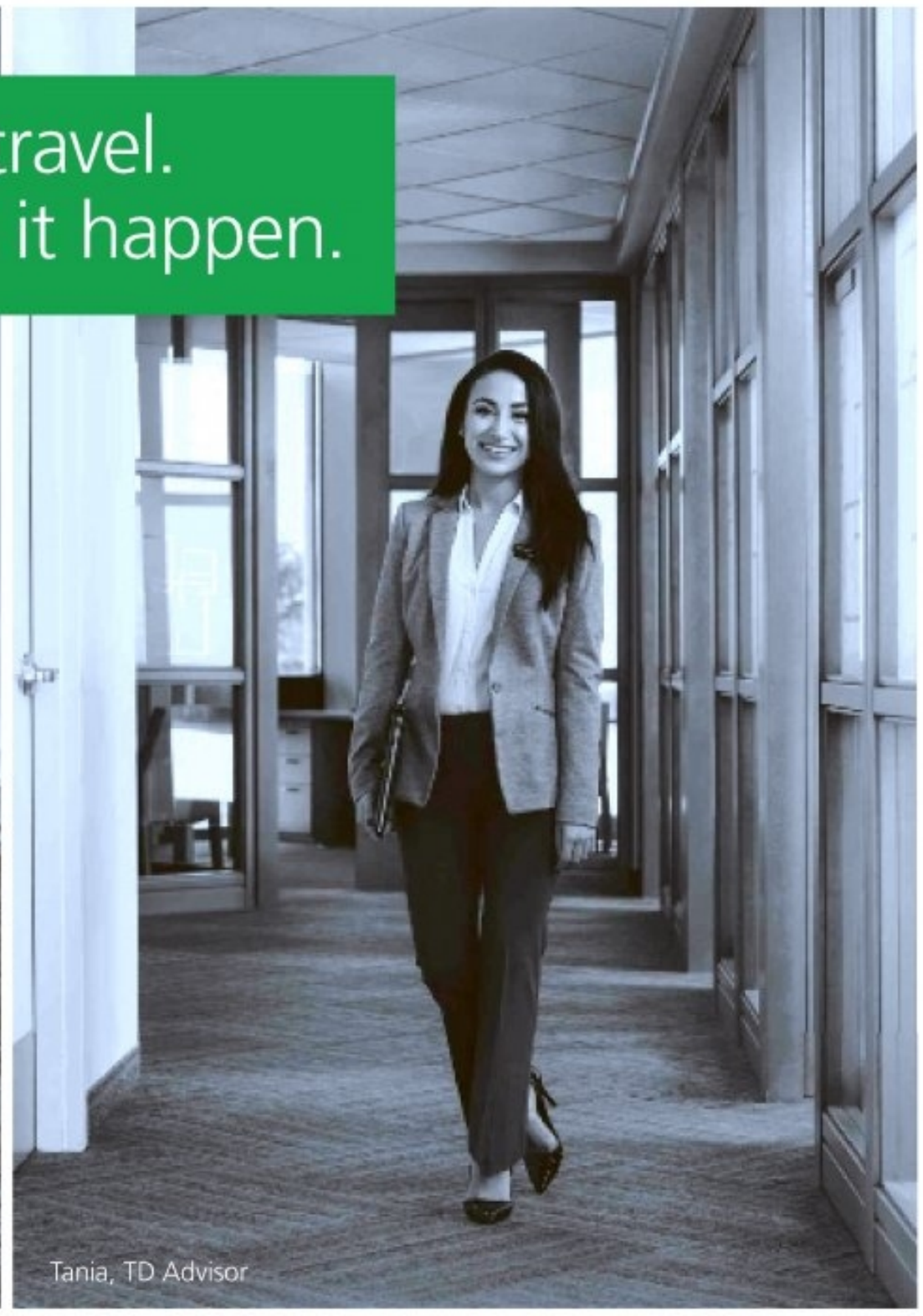

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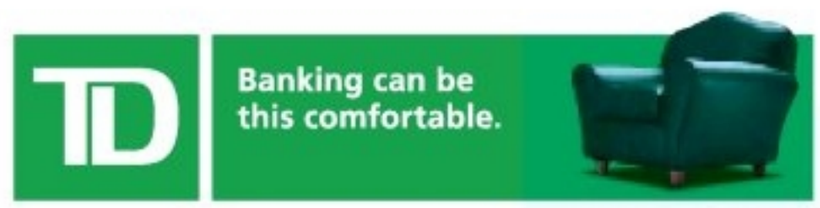

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Is your group RSP enough?

NEST EGG

Supplementary savings help ensure healthy retirement fund

Michelle Williams

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

Get the most out of your group RSP by educating yourself and staying on top of all your investments. ISTOCK

Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices. The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

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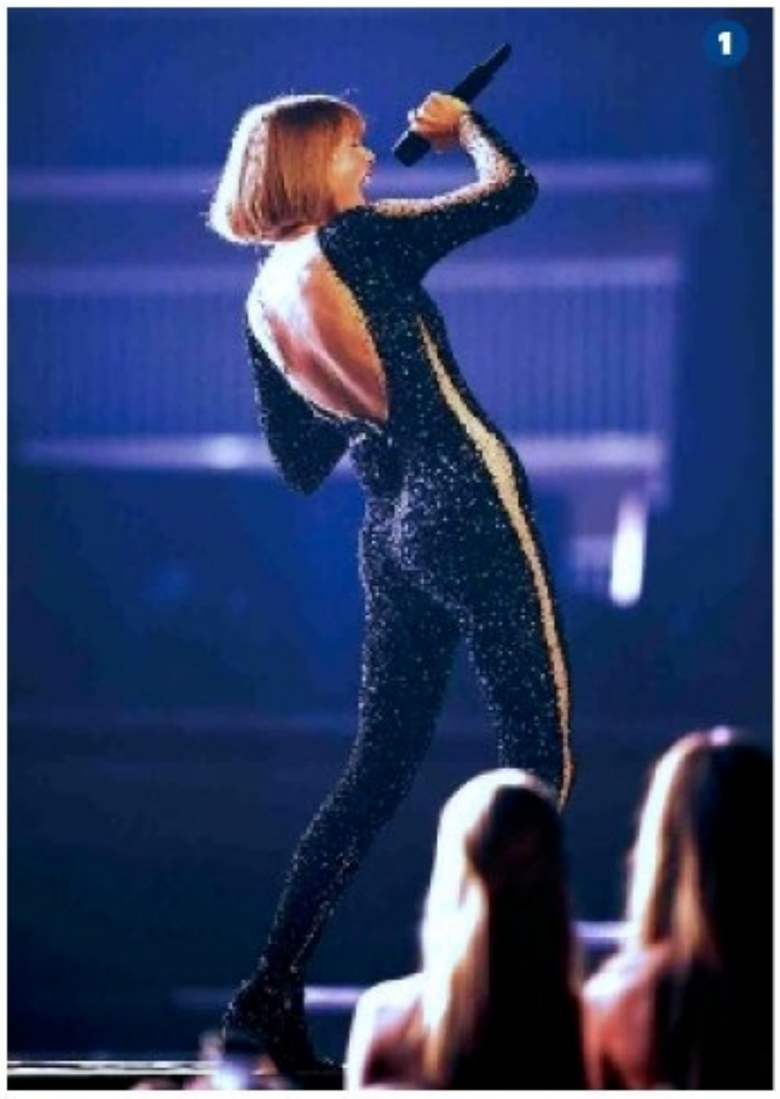
Award season beauty trend alert: red lips on the red carpet



ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

1 Taylor Swift — Wearing a a glittery jumpsuit with sheer panels on each side, Swift kicked off the Grammy Awards with performance of her latest hit single, Out of the Woods.

2 Skrillex, left, and Diplo — The EDM duo accept the award for best dance recording for Where Are Ü Now.

3 The Weeknd — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

4 Ed Sheeran — The crooner accepts the award for best pop solo performance for his hit song Thinking Out Loud.

5 Best boudoir looks — From left: Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney on the red carpet.

6 Kendrick Lamar — A big night for the rapper who won four awards in the pre-televised part of the show and, once the CBS cameras started rolling, To Pimp a Butterfly won another, for best rap album.

Year of firsts for Canucks at Grammys

It was a night of career firsts for Canadian artists at the Grammy Awards.

Both Justin Bieber and the Weeknd walked away as early winners in a pre-telecast ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B performance for Earned It (Fifty Shades Of Grey) from the original soundtrack for the film Fifty Shades Of Grey.

Canadians nabbed a total of five Grammys early on in the show.

Bieber's Grammy-winning song Where Are Ü Now also appears on an album that was honoured by the Grammys. The Skrillex and Diplo collaboration, which they released under the moniker Jack U, won best dance/electronic album.

Others who won on Grammy night include legendary singer/songwriter Joni Mitchell for best album notes on Love Has Many Faces: A Quartet, A Ballet, Waiting To Be Danced.

Two other Canadians marked their first-time Grammy wins.

Jan Haust, a native of London, Ont., and Hamilton's Peter Moore captured the honour for best historical album for The Basement Tapes Complete: The Bootleg Series Vol. 11, featuring music of Bob Dylan and Toronto's the Band. The duo shared the award with Steve Berkowitz, Jeff Rosen and Mark Wilder.

Canadian acts collectively had more than 20 nominations heading into the awards, capping off a sensational year in which Canucks commanded seven of the top 10 spots on the Billboard Hot 100.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

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NOW: $35,741
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WAS: $24,789
NOW: $20,997
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2007 NISSAN VERSA 1.8 S
WAS: $7,950
NOW: $6,925
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2013 HONDA CIVIC LX
WAS: $17,494
NOW: $11,487
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2013 FIAT 500 LOUNGE
WAS: $12,892
NOW: $11,882
BIRCHWOODCLEARANCE.CA
STOCK #M6026B

2007 NISSAN MAXIMA 3.5 SE
WAS: $12,966
NOW: $11,999
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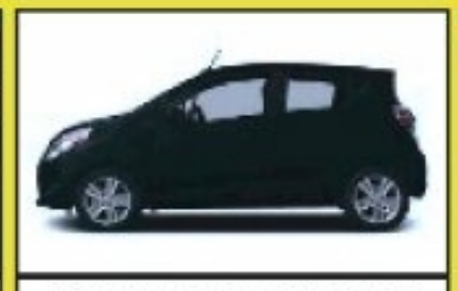

2015 CHEVROLET SPARK LS
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NOW: $12,769
BIRCHWOODCLEARANCE.CA
STOCK #G15910

2016 KIA FORTE LX
WAS: $18,460
NOW: $14,777
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2010 BUICK LACROSSE CXL
WAS: $16,977
NOW: $14,788
BIRCHWOODCLEARANCE.CA
STOCK #T024457B

2012 VW PASSAT 3.6L VR6
WAS: $19,991
NOW: $16,993
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STOCK #4828

2011 BMW 323I
WAS: $18,991
NOW: $13,995
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STOCK #4746A

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NOW: $17,933
BIRCHWOODCLEARANCE.CA
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NOW: $14,973
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NOW: $16,894
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A yoga move for the runners out there

YuMee Chung demonstrates the Newton's Cradle pose. This hip strengthener helps to improve pelvic stability by targeting the gluteus medius. TORSTAR NEWS SERVICE

NEWTON'S CRADLE

Pose to strengthen the primary abductor of the hip

YuMee Chung
For Metro Canada

Attention runners: If you've been hobbled by low back, hip and knee pain, before you decide to hang up your favourite sneakers for good, why not try waking up the often-underused muscles of the outer hip with an exercise called Newton's Cradle?

This hip strengthener targets gluteus medius, the primary abductor of the hip, to improve pelvic stability and get you back in motion.

Newton's Cradle

1. Begin in a standing forward bend with the backs of the legs against a wall. Feet should be hip-width apart and hands shoulder distance apart. If the hands do not comfortably reach the ground with your legs straight, place them on yoga blocks or two equal stacks of books. Align hips directly over feet and shoulders over hands. Lengthen the spine and send the gaze forward.

2. Inhale while lifting the right leg out to the right side. Move slowly and deliberately and avoid using momentum to lift the leg. Do your best to stay joint-stacked over your standing leg rather than leaning the body off to the left side.

3. Exhale while lowering the right leg to its starting position on the ground.

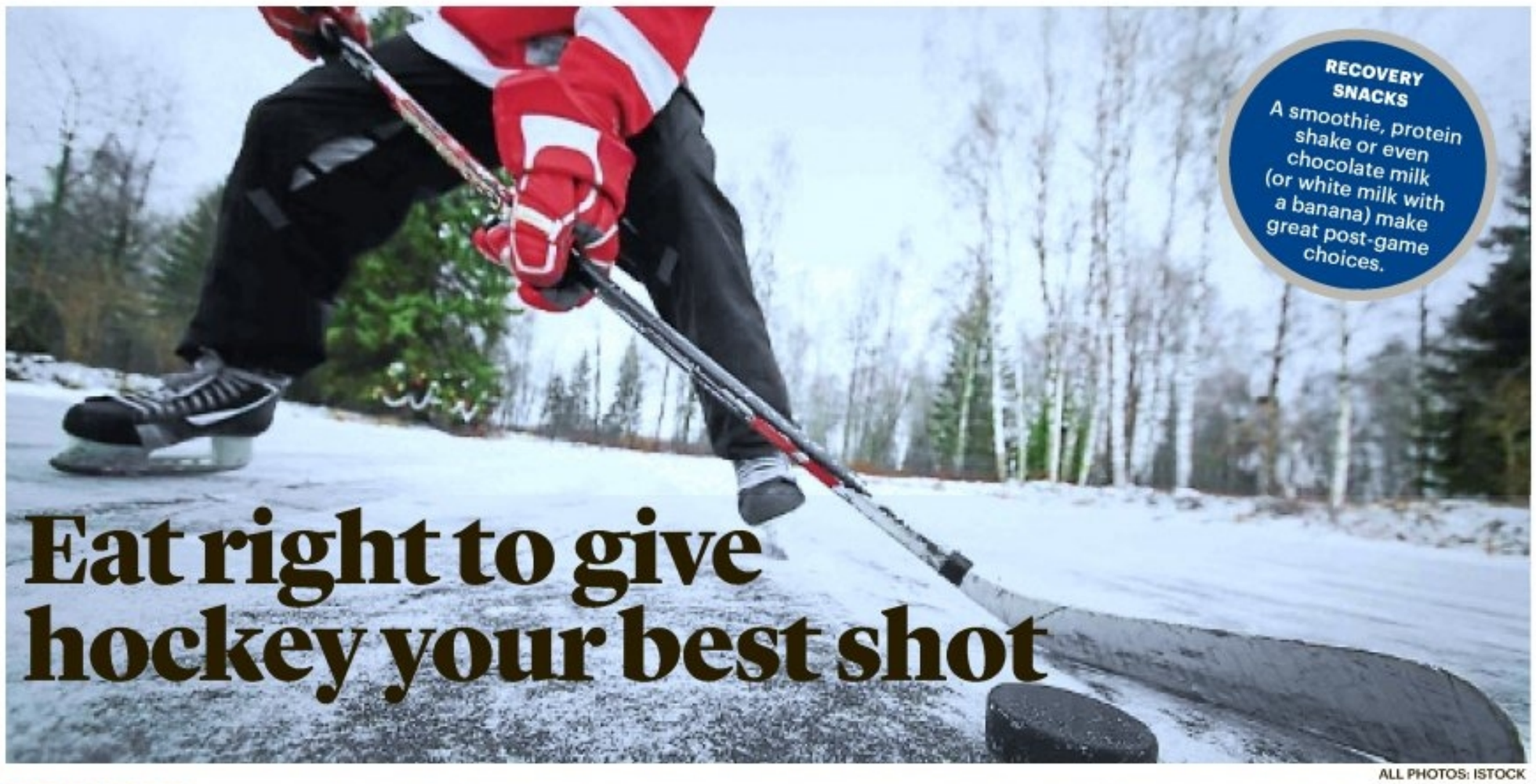
4. Repeat the process on the other side: inhale while lifting the left leg out to the left side and exhale while lowering the left leg to its starting position on the ground.

5. Continue to move with breath, alternately lifting and lowering your legs. You'll look a little like one of those mesmerizing executive desktop toys based on the Newton's Cradle. Complete five rounds.

Use your eagle eyes to spot weak hips

Weakness in gluteus medius can cause the pelvis to sag while walking, running, climbing stairs or any other activity that involves lifting one leg away from the ground at a time. The telltale sign of weak outer hip muscles is the hips dip towards the lifted-leg-side when walking or running. The Trendelenburg gait is a more serious condition arising from this same pattern of weakness.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



RECOVERY SNACKS
A smoothie, protein shake or even chocolate milk (or white milk with a banana) make great post-game choices.

Eat right to give hockey your best shot

ALL PHOTOS: ISTOCK

PERFORMANCE FUEL

Maple Leafs' nutritionist Jennifer Sygo's top food tips

Hockey is Canada's national winter sport, and while only a select few players will get the chance to play on the sport's biggest stage, more than 600,000 more play every day in everything from house league to sledge hockey — and that's not to mention beer league hockey for the older folks.

No matter what level of hockey you or your kids play, the time you spend at the rink can be full of not-so-nutritious temptations, be it chicken wings or chocolate bars. While convenience foods are exactly that — quick and convenient — with a few easy changes, you can better fuel your performance, both on the ice and off.

Eating before hockey

There's an old saying that what you eat before you play a sport won't win you the game, but it could make you lose it, and, in many ways, that's true. What you eat before a practice or game can help top up your energy stores, but it shouldn't leave you feeling heavy or overly full, or cause an upset stomach, bloating, or indigestion.

Finding the right time and type of food takes time and experimentation, so perhaps it's no surprise that the best players become quite superstitious about their pre-game meal.

Your pre-practice or game meal can be eaten any time up to about four hours before you hit the ice. If you have an early morning practice, or only a short time to eat before your later day practice or game, make the meal smaller and lighter; otherwise, if you have two hours or more, experiment with bigger, more balanced meals that will keep you feeling satisfied longer.

In general, try to include both protein and carbohydrates in your meal: the protein helps you to feel full and also aids in muscle repair if you are still recovering from the previous day's practice or game, while the carbohydrates serve as fuel for any high-intensity activity, like the all-out fast break, or a heavy off-ice workout.

Food to avoid

While healthy fats, such as olive oil, almonds, salmon and peanut butter are an important part of our diet, fats in general are also slow to digest, which means they can leave you feeling uncomfortably full. Keep fats low before hockey — yes, that means skipping the fries, burgers and passing on the bacon — especially if you have limited time before you lace up your skates. Your stomach will thank you.

Like fat, fibre, which is a type of carbohydrate, is good for us — it keeps our digestive tract happy and our blood sugar steady. Also like fat, fibre is slow to digest and can leave you feeling gassy and bloated during a practice or game. So, while they are otherwise healthy, you should limit beans, chickpeas, lentils, wheat bran and even large amounts of whole grains and fibre-rich fruits and veggies (a cup or so is still OK for most), in the hour or two before you play.

Finally, while you might not want to fuel your hockey game with buckets of bran, you don't want to overdo it with sugar, either. While sugary foods, or those that convert to sugar quickly in our body, like white bread, doughnuts, granola bars, white rice and sugary cereals, are relatively quick to digest, they can cause your blood sugar to spike and crash, leaving you feeling tired, shaky and sluggish by the time you hit the ice.

TORSTAR NEWS SERVICE

FOOD IDEAS

Pre-hockey meals

- Grilled skinless chicken breast with brown rice and steamed green beans
- Grilled or baked white fish (like tilapia or cod) with quinoa and a garden salad with balsamic vinaigrette dressing
- Chicken or turkey wrap or sandwich on whole grain bread with mixed veggies. Use mustard instead of higher fat sub sauces or mayo
- Lean steak with a baked or roasted potato or sweet potato and sautéed veggies, like peppers, mushrooms and zucchini

Breakfast meals

- Oatmeal made with milk or soy beverage (almond milk doesn't contain any protein) with slivered almonds and raisins
- Cold cereal with milk and a banana
- Greek yogurt with berries and low-fat granola
- 1-2 eggs on whole grain toast with a side of fruit

Quick snacks

- Small container (100-125 grams) of Greek yogurt and a banana
- Energy bar (e.g. Clif bar, Builder's Bar)
- Smoothie made with banana, berries and milk of your choice
- Toast or a banana topped with a bit of peanut or almond butter

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Wearing her feminism on her sleeve

GIRLS

Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series Girls; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the Sisters premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and Trainwreck with Amy Schumer and directed by my Girls co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge.

"And then with Jen's piece on wage equality, to see people take that and apply it to their own lives, that was super profound and meaningful."

I'm more able to ask for what I want; talk to actors in a strong but loving way.
Lena Dunham, on her new confidence on set

Girls creator Lena Dunham says it's about time feminist issues get aired at large. CONTRIBUTED

Girls returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from more than that."

Apatow says Girls has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before Girls, she had directed two-low budget feature films and a web series.

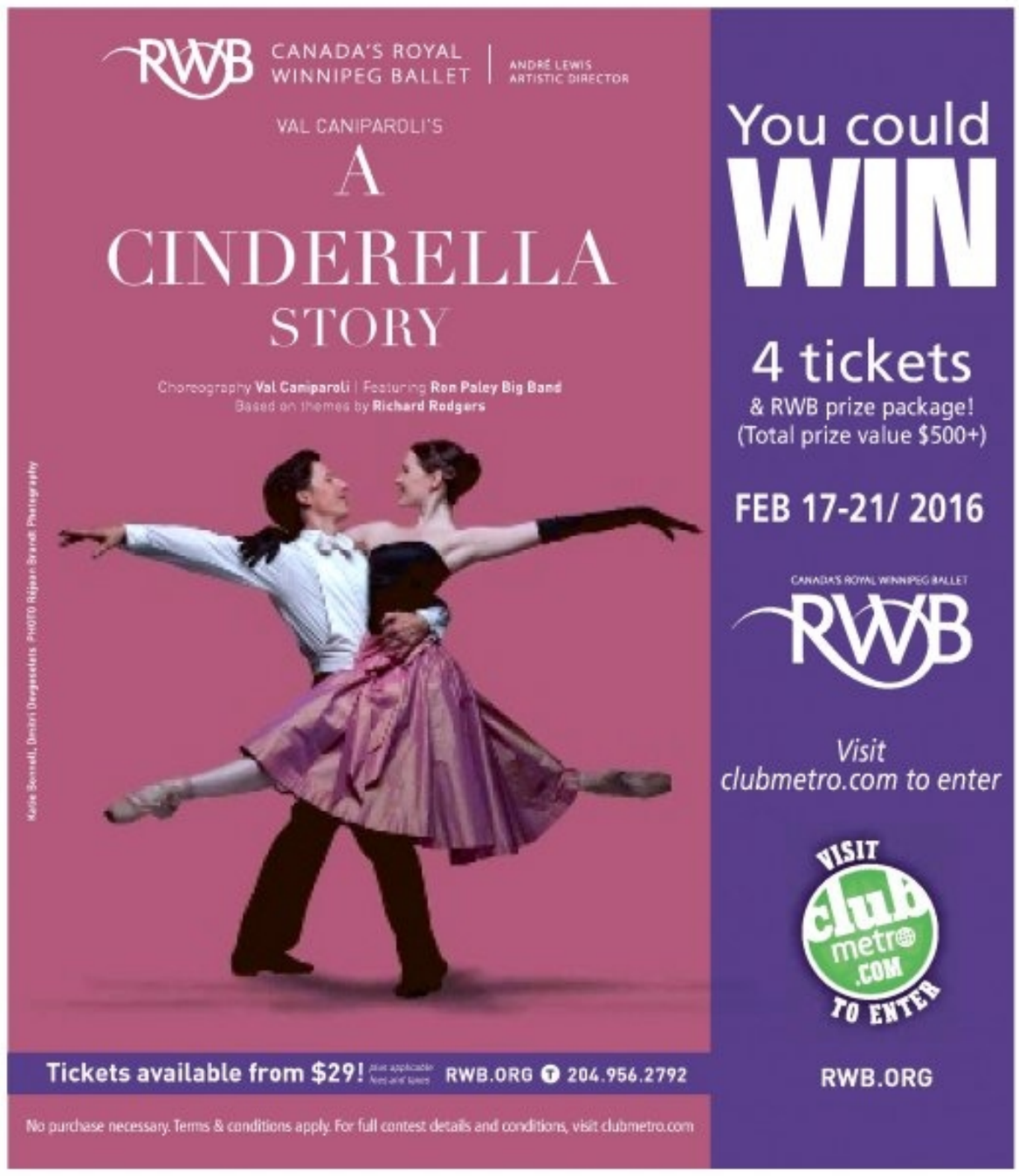
"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence.

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With Girls set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

TORSTAR NEWS SERVICE



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LEARNING CURVE

Count on census to give you experience

ISTOCK

The ultimate goal of every student is to land the job of their dreams. But for many students, the question is: "how do I get a job if I don't have experience?"

While today's competitive job market may be daunting, there are several things that you can do to gain valuable skills to add to your resume, build character, create learning experiences, and ultimately find a dream job.

Statistics Canada is offering students a unique opportunity to work within their communities as an enumerator or a crew leader for the 2016 Census.

Build important skills

Effective communication and strong interpersonal skills enable you to express your thoughts in a professional manner, which is crucial for any job. Census enumerators are responsible for identifying dwellings on maps, conducting personal interviews, and following up with respondents in person and by phone. This role allows students to develop valuable workplace skills, including communication, interpersonal, organizational, time management and problem solving skills.

Take on a leadership role

When employers are hiring, they look for candidates who show initiative. Taking on a leadership role that you can talk about in an interview later on, will set you apart from other candidates. Census crew leaders are responsible for training and supervising a team of enumerators. This role provides a fantastic opportunity for students to build leadership and team management skills.

Gain experience outside your field

While it is crucial to have the technical skills needed to do a job properly, many employers look for well-rounded candidates with varying life experiences. Statistics Canada's census jobs allow students to develop a greater sense of community by collecting information that is vital for planning and evaluating important public services.

News Canada

CONTRIBUTED

Graduates on the front lines of dental health

Always wanted to work in the health-care industry, but aren't sure where to start?

One accessible option is to become an intra oral dental assistant. They're some of the first people you'll encounter when entering a dental office, providing care and knowledgeable assistance to help patients maintain their oral health and well-being.

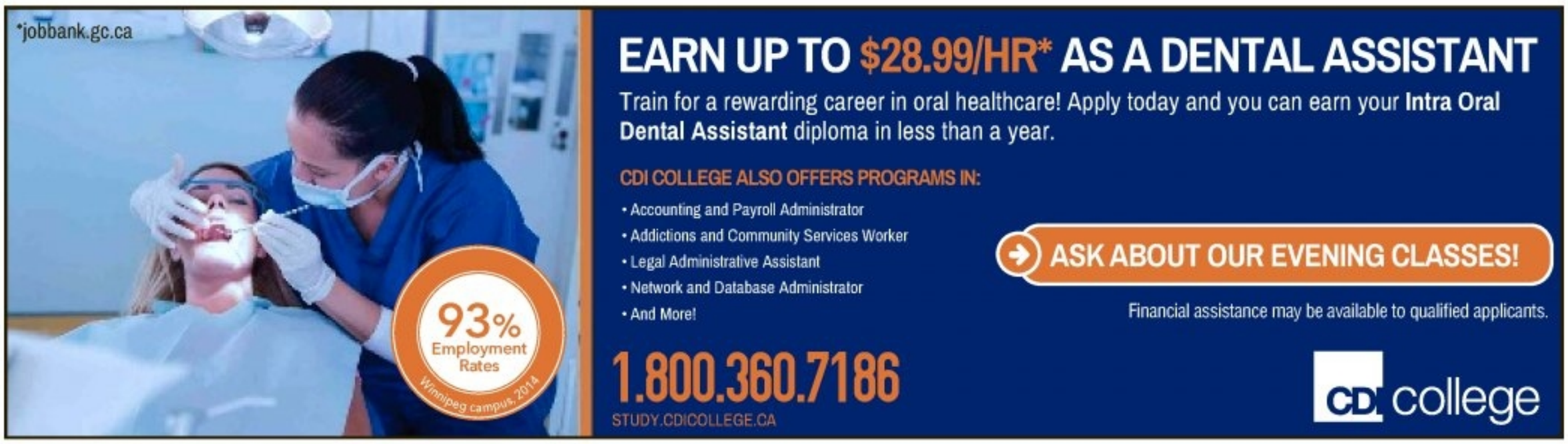
The health of your gums and teeth plays a key role in the health of your whole body, and intra oral dental assistants get the rewarding experience of being on the front lines helping their clients take great care of themselves and their families to prevent disease.

Intra oral dental assistants develop knowledge and skills in the areas of dental care, pharmacology, oral pathology, and dental radiography — all developed through specialized training in a reputable education program.

The profession is valued in the dental office context, and the wages reflect that value. An intra oral dental assistant can earn up to $28.99 per hour in Manitoba.

If you're looking to get into the field as an intra oral dental assistant, find a well-respected and proven education program that suits you. CDI College's Intra Oral Dental Assistant diploma program graduates are well-trained dental assistants that are successful and in demand in the dental industry.

For more information about the Intra Oral Dental Assistant program at CDI College, call 1-800-360-7186, or visit study.cdicollege.ca.



Businesses seek out media co-ordinators

More companies are beginning to understand that not only is social media a critical part of their business, but that trained professionals are at the forefront of managing it.

Simply having knowledge of how Facebook or Instagram works is not enough to bring real value to the organization.

The media co-ordinator program at Herzing is all about social media and its increasing role in business, and will teach individuals how to effectively harness the power of social media in a positive way.

"The skills they develop will lead them many places where they can be proud of how they helped to shape the future of their clients' or employer's businesses," says Robin Day, academic dean of Herzing College.

"Their knowledge of branding, content management and communications will help them create strong, lasting relationships with customers, and help some of those customers become brand ambassadors with a following of their own."

Students in this program learn to write for various social media channels, prepare interesting content, evaluate user response and metrics, focus campaigns based on demographics and psychographics, as well as help educate management and other stakeholders regarding the use of social media and new forms of marketing.

"Traditional marketing channels lack the interactivity and engagement of social media, which allows businesses to connect with their customers, suppliers and stakeholders in brand new ways," says Day.

"We teach the students about marketing, legal issues, working with online content, interactions with customers, increasing engagement, basic graphics and video skills along with search engine optimization and analytics."

Day says this program is perfect for those students with the creative drive to make content, create relationships and build brands in the open environment that is the social graph.

ISTOCK

The program is nine months long and includes a six-week internship.

"We chose the longer internship to allow the students to become familiar with their internship host's organization before they begin to produce any collateral materials for them or post on their behalf," says Day.

For more information about the media co-ordinator program, visit herzing.ca/winnipeg.

Robertson has the right prescription

Robertson College has an extensive history of success in training students entering the profession of pharmacy, an industry currently in high demand.

The pharmacy technician program teaches individuals how to assist in the delivery of safe pharmaceutical services.

"The program is designed for anyone interested in the health-care field who wishes to be a significant contributor to a patient's health and well being," says Debra Chartier, faculty head of Allied Health at Robertson College.

"The curriculum compliments a science background with exceptional customer-service and patient-care skills."

Throughout the program, students will learn how to dispense, prepare and compound medications and help maintain the smooth operation of a pharmacy by managing drug inventory, and helping patients and other health-care professionals.

To ensure students are getting the most relevant and up-to-date knowledge, the pharmacy technician program is taught by experts in the field.

All faculty are currently in practice and therefore are teaching based on today's standards/requirements.

"Our experience covers all areas of practice, including long-term care, community, and hospital, and our teaching staff have a combined experience of well over 90 years in the industry," says Chartier.

"Our collaborative approach and strong industry affiliations guarantee the success of each student being able to confidently practice when entering the workplace."

At Robertson College, students will experience small classes to allow for more individualized attention, which is critical in the lab environment.

This one-on-one attention that students receive in the classroom helps them move into their required eight-week practicums with more confidence in the skills they have learned, and show perspective employers that Robertson College students are qualified and capable employees.

CONTRIBUTED

The pharmacy technician program also offers flexibility for students who want to advance their future careers while also allowing time for employment and family commitments.

The pharmacy technician program is 40-weeks, and the next start date is May 24.

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- Network Administrator
- Nursing Assistant
- Pharmacy Technician
- Software & Database Developer
- Travel Counsellor
- Veterinary Office Assistant

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ROBERTSON COLLEGE students first.

Take advantage of available tax savings

ISTOCK

Post-secondary school can be overwhelming. While coffee may seem like the solution to any problem, putting a little money back in your pocket with tax savings might be the better answer. Even if you have no income to report, you can still take advantage of several credits and benefits. Here are a few tips to help you.

File your tax return

To take advantage of all of the tax credits and benefits available, you have to file your income tax and benefit return with the Canada Revenue Agency (CRA). Why not file it online? It's fast, easy and secure. There's also a wide range of software programs you can use, including some that are free. More information is available at www.cra.gc.ca/getready.

You can also register for My Account, the CRA's secure one-stop shop for managing your tax and benefit information. With My Account, you can also register for online mail, and receive correspondence like your notice of assessment online.

Claim your tax credits

• Tuition fees: Most tuition paid to a post-secondary institution in Canada can be claimed. For tuition fees, the education amount, and the textbook amount, you might also be able to transfer or carry forward any unused credits.

• Education amount: For the 2015 tax-filing season you can claim $400 for each month you were enrolled in eligible full-time studies and $120 for each month you were enrolled in eligible part-time studies.

• Textbook amount: If you're eligible for the education amount for 2015, you can claim this, too: $65 for each month enrolled in full-time studies and $20 for each month enrolled in part-time studies.

• Public transit amount: Generally speaking, you can claim the amount you spent on a monthly or annual public transit pass, but not on tickets or daily passes.

• GST/HST credit: You can get payments of up to $70 every three months to help keep on top of your expenses. To receive the GST/HST credit, you have to be 19 years old (unless you're a parent or married or living common-law) and file an income tax and benefit return.

News Canada

Patal program helps create better lives

PC service technician course helps refugee launch new career

CONTRIBUTED

Rafiz Asimi is no stranger to hard work.

Asimi arrived in Canada as a refugee from Kosovo 15 years ago, and has been working multiple jobs ever since.

"When I came here, I just wanted to work and help my family back home," says Asimi.

Over the years, Asimi has delivered newspapers, furniture, installed flooring, worked construction, worked in a facility grinding beef; he often works more than one job at a time.

For Asimi, his hard work was about helping others in his family who remained back in Kosovo so they had the means to survive.

Now, Asimi has decided to create a better future for himself and family here in Canada and has enrolled in the PC service technician/network management program at Patal Vocational Schools.

He had always dreamed of pursuing a post-secondary education but found it challenging to get on to the right path, until he found this program at Patal.

"English is not my first language so I have always had difficulties with reading and writing," says Asimi.

"Patal gives opportunities to those who may have not been given opportunities in their lives."

Asimi says the level of support he has received from his instructor and the staff at Patal has been incredible and knows they are there to see him succeed.

Once Asimi completes the 52-week PC technician and network management program, he hopes to eventually open up his own business.

Visit patalvocational.com for more information.

School keeps focus on trades training

MITT (Manitoba Institute of Trades and Technology) High School is a very unique educational option for high school students who are looking to pursue future careers in the trades.

What makes MITT High School unique is that students can take post-secondary accredited technical training while earning high school credits simultaneously.

"MITT High School would be a great option for any student that shows a strong interest in any trade or technical training," says Rory McIntyre, classroom teacher for MITT High School.

"It would also be a very beneficial school for any students looking to get a more hands-on approach to their education and gain valuable experience in a field of interest."

MITT High School is a one-of-a-kind school in Manitoba as it is a public school open to any student.

It offers a wide variety of technical training opportunities that cannot be found anywhere else in the province.

"The trades can allow students to pursue their passions and interests in a given field," says McIntyre.

"Most trades offer better hiring rates as well as higher starting wages than most career paths, and there will always be a demand for employees with a skilled trade."

McIntyre says one of his favourite components of the trades is that they allow students to demonstrate their intelligence and creativity in more applied, hands-on ways.

MITT High School students complete the usual academic study (English, math, and all the other core subjects) they would with any other high school, but they also begin hands-on training in the trade of their choice.

This trades and technical training will have students better prepared to enter the workforce, or pursue further education or apprenticeships, than most individuals their age.

CONTRIBUTED

While this high school structure is unique to MITT High School in Manitoba, McIntyre says Canada may see more of these types of schools popping up throughout the country.

"More and more we are realizing the value of trades and the opportunities available with a career in the trades," says McIntyre.

For more information about MITT High School, visit mitt.ca.

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TRADES AND TECHNOLOGY
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OPEN HOUSE

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The Open House is an opportunity to get an inside look at all of MITT's high school and post-secondary options. Whether you're looking for a different high school experience, seeking a new career, or exploring post-secondary education for the first time, our open house will help you **get started**.

Register online at **mitt.ca/openhouse** or call **204.989.6500**.

Find out how to get some serious credit...faster. Come to our **OPEN HOUSE** on **Feb. 18** from **9 am-8 pm**

WIN A $500.00 TUITION VOUCHER!
See contest rules for details at mitt.ca/openhouse/contestrules

mitt.ca/openhouse

Go with experience, go with Wellington

With its focus completely on producing high quality massage therapists, Wellington College is one of the oldest massage schools in Canada.

While Wellington College only offers training in massage therapy, graduates of this program have gone on to pursue a variety of exciting and specialized careers in massage.

For Wellington graduate Nicole Klassen, she knew she wanted to turn her education in massage into a thriving new business.

The decision to start her own business came even before her graduation, as she had already signed the papers for her own clinic space before convocation in 2012.

"It's a risk because of the unknown, but you don't always get an opportunity like this in life, and while there's a chance I could fail, there's a greater chance that I'll do really well," says Klassen, RMT and owner, New Leaf Massage Therapy and Sports Rehabilitation, New Leaf Massage Therapy and Rehabilitation, which has just received a nomination for Best Massage Therapist in Winnipeg 2016, by the Top Choice Awards.

It was a decision she felt confident in because of the training she had received in the two-year massage therapy program at Wellington College.

With the option to tailor the two-year program to her field of interest (in one of three categories: spa, sports massage, or rehabilitation), Klassen was one of only two students in her class to receive the sports massage therapy certificate.

She took advantage of her time at Wellington to grow her clientele, which has given her a great start in her own practice.

At Wellington College, individuals may choose which of the two program options works best for them.

For those who would like to complete the program in less time, Wellington College offers the two-year full-time program.

For those looking to complete the program at a more flexible pace, without having to sacrifice income or family commitments, Wellington offers a three-year distance education program.

This option allows individuals to complete their diploma with the one-year basic massage therapy program, followed by the two-year advanced massage therapy program.

Wellington College also offers a number of different workshops available to registered massage therapist looking to add to their skills and provide a wider range of services to their clientele.

Visit wellingtoncollege.com for more information.

ISTOCK

CONTRIBUTED

PACE seminars help improve your skills

Individuals who invest in their personal and professional development make themselves more marketable in the work world, but also more competent and qualified to do their job.

To give yourself the edge in your workplace, enroll in one of the professional edge seminars offered through PACE (University of Winnipeg's Professional, Applied and Continuing Education).

"Professional edge seminars are the perfect solution to train professionals on trending issues in the workplace, such as social media and its impact on businesses, coaching, conflict in the workplaces, communication styles, etc., in an efficient manner," says Ashlie Wilson, program manager at PACE.

A PROFESSIONAL DOES NOT NEED TO MAKE THE BIG COMMITMENT TO EMBARK ON AN ACADEMIC PROGRAM-DIPLOMA OR CERTIFICATE, BUT CAN JUST REGISTER FOR A SEMINAR.

– Ashlie Wilson

These seminars are designed for any professional looking to improve their skills in the workplace, including communication skills, work/life balance strategies, performance management skills, coaching skills, cultural awareness, resumés and cover letter writing, risk management, social media integration and strategic planning.

Typically, students are primarily managers, HR managers, public relations managers, project managers, IT professionals, daycare directors, arts and cultural managers, and marketing managers, but is open to any individual or organization looking to build on these skills.

These seminars are only one or two days and provide focused strategies on the specific topics covered.

"A professional does not need to make the big commitment to embark on an academic program, diploma or certificate, but can just register for a seminar," says Wilson.

"The classroom environment also provides excellent networking opportunities as the room is filled with professionals from diverse industries."

The professional edge seminars are also a great opportunity for organizations to build on their employee's skills in the workplace as the seminars are designed to be practical in nature and give students the knowledge they can take back to the office with them the next day and apply immediately.

"Many local organizations send us their employees for this professional development and find it very beneficial," says Wilson.

"It is also great for employee engagements. We hear from our students all the time that they are looking for employers who support these professional development initiatives."

For more information about the professional edge seminars, visit pace.uwinnipeg-courses.ca/professional-edge-seminars.

Teacher opens up 'limitless possibilities'

"Visual problem solving" is what designing is all about, according to award-winning freelance designer and Red River College instructor James Culleton.

"Designing is visual problem solving for people and companies who have creative ideas but can't communicate them," says Culleton.

"And design can apply to almost any field, so the opportunities are boundless."

As an instructor for the graphic design, and manual writing and design courses at RRC, Culleton brings his unique design perspective to the classroom.

"I have a variety of interests and the subject of design spans many things I do," says Culleton.

"I believe I open the students up to the limitless possibilities that being a designer can bring."

Recently, Culleton was awarded the Pinnacle Award from the American Society of Furniture Designers for a contemporary sectional he designed for Palliser Furniture.

For Culleton, he hopes this award will show his students that it is possible to be recognized and win awards as a designer, whether it's in furniture or any other design field.

CONTRIBUTED

"Some of the basic design principles I teach in my graphic design class were important to me winning the award," says Culleton.

In the graphic design course, Culleton covers basic drawing and composition principles, which are good starting tools for someone looking to design, among other things, logos and websites.

He also says it's a good course for someone headed into a career in marketing.

Culleton was trained as an artist through the University of Manitoba's Fine Arts program; he started as a furniture designer at Palliser in 1998.

Culleton first got involved with the College while working at Palliser Furniture, where he served as design director for close to 15 years.

He now works as a freelance designer, gathering inspiration from art deco and mid-century modern design. One of his most popular pieces can be seen on the front end of the West End Cultural Centre.

Other notable pieces Culleton has created have been on display at the Winnipeg Folk Festival, Memorial Park and The Forks, including a couch made from snow, and grass labyrinths.

For more information about any of the design courses available at RRC, visit rrc.ca.

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metro SPORTS

At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

Hurricanes adjusting expectations on the fly

NHL

Youngsters have Carolina knocking on playoff door

Just over 9,000 fans showed up to see the Carolina Hurricanes host the Arizona Coyotes in early December. Excitement, engagement and attendance were dipping around a club that's been absent from the playoffs since 2009.

A two-month surge is turning those tides and forcing some tough questions as the Hurricanes press for an unexpected berth in the post-season.

Last in the Eastern Conference at the end of November, Carolina has run up a 17-8-6 mark over its past 31 games and is now only a few points back of a wild-card spot.

The rise has surprised the Hurricanes' brass, and general manager Ron Francis had to push back his timeline for determining how the club will approach the Feb. 29 trade deadline.

"I've been saying this for a couple months: 'We'll get a clearer picture the next week, the next week'. It's still about as clear as mud," said Francis.

Former Hurricanes captain Rod Brind'Amour speaks at Saturday's pre-game ceremony in Raleigh, N.C., celebrating Carolina's 2005-06 Stanley Cup season. KARL B DEBLAKER/THE ASSOCIATED PRESS

Carolina has thrived behind head coach Bill Peters and a roster mixed with youth and experience, especially on the back end. The Hurricanes defence features 19-year-old Noah Hanifin, 21-year-old Brett Pesce and 21-year-old Jacob Slavin, as well as vets like 35-year-old John-Michael Liles and 34-year-old Ron Hainsey.

The younger defencemen have played especially significant roles — averaging between 18-19 minutes a game — that the organization didn't expect when the season began. They've become effective staples of a blue line led by Justin Faulk, Carolina's leading scorer with 34 points.

"I think our coaching staff has done a nice job with those young guys in getting them into situations where they have success and if they make a mistake they're right back out there and they play," Francis said.

Peters has made a positive impression in his second season behind the Carolina bench. Not only have the younger Hurricanes made strides under his watch, but the group as a whole is performing effectively, ranked amongst the top-10 in puck possession while yielding less than 27 shots per game, the second stingiest mark in the league.

The club felt Peters, who served as an assistant to Mike Babcock for three seasons in Detroit before replacing Kirk Muller, was the right person to change a culture that was perceived by fans as lacking intensity.

"He's been a real good coach for us," Francis said.

The Hurricanes have missed the playoffs in each of the past six seasons, something Francis will have to be mindful of as the deadline approaches. Decisions will need to be made with a roster that has a few interesting impending free agents who could entice playoff contenders, notably captain Eric Staal.

Francis says he doesn't intend to stray from the patient rebuild he promised. Still, he could hang onto assets like Staal and pursue a long-awaited playoff berth, even if the odds are long. The community certainly could use it.

"Well I think when we took over the message was pretty clear," he said. "We wanted to build this thing right from the bottom up so that when we got to the playoffs we felt we would be a team that could compete year after year on a consistent basis."

THE CANADIAN PRESS

We wanted to build this thing right from the bottom up.
Hurricanes GM Ron Francis

10,000

Carolina saw attendance hover around and sometimes dip below 10,000 people often enough in October and November, numbers which have crept back up as the team's play has improved.

WEEKEND RECAP

T.O. cool under spotlight

2016 NBA ALL-STAR

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued.

Cheerleaders and just about anybody else with a pass crowded onto the hardwood for photos or just to savour the moment.

All-star weekend is a party. And like most good parties, nobody wants to leave.

For those keeping count, the West won 196-173 in a game that erased the existing all-star records for most points by one team (163) and total points by two teams (321).

While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach.

And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how in-tune the city of Toronto and all of Canada is to basketball."

Added teammate Kyle Lowry: "Toronto, I think we put ourselves on the map a little bit around the world."

THE CANADIAN PRESS

AT THE SADDLEDOME

Flames come up short against Ducks

Corey Perry had a goal and two assists Monday afternoon, and the Anaheim Ducks went a perfect three-for-three on the power play in a 6-4 victory over the Calgary Flames.

The Flames led 3-2 after an action-packed first period, but with Johnny Gaudreau in the penalty box for tripping, Perry banged a Cam Fowler rebound past Jonas Hiller to tie it on the power play at 2:15 of the second.

The Ducks went right back to the man advantage when Jakub Nakladal was called for holding and needed only 11 seconds to convert, with a rebound deflecting off a couple players and going in off of Sami Vatanan to score putting Anaheim into the lead for good. THE CANADIAN PRESS

MONDAY In Calgary

6	4
DUCKS	FLAMES

IN BRIEF

Hernandez settles lawsuit with friend who was shot

Former NFLer Aaron Hernandez has settled a lawsuit filed by a man who says Hernandez shot him in the face.

The Boston Globe reported that attorneys for Alexander Bradley said in documents filed Friday in Miami that the suit was settled. Terms weren't disclosed. Bradley was seeking damages for injuries he suffered in a February 2013 shooting.

THE ASSOCIATED PRESS

SLALOM

Canada's Gagnon collects bronze

Canadian Marie-Michele Gagnon finished third Monday in a women's World Cup slalom event in Crans-Montana, Switzerland.

Gagnon, of Lac-Etchemin, Que., finished .50 seconds behind American winner Mikaela Shiffrin. France's Nastasia Noens was second, .45 seconds behind Shiffrin.

Shiffrin earned the victory in her first race after missing two months due to injury.

Crossing the line smiling after her second run, Shiffrin turned to look at the timings board then put her head in her hands.

Marie-Michele Gagnon GETTY IMAGES

"I came in blind a little bit," she said. "I knew my training skiing was some of the best I was doing but I just wasn't sure. It was kind of close your eyes and go, see what happens at the end of the run. THE ASSOCIATED PRESS

Kobe Bryant played in his final all-star game on Sunday. VAUGHN RIDLEY/GETTY IMAGES

Curling's governing body is under pressure to further narrow what is legal in brushheads. GETTY IMAGES FILE

'Perfect storm' over contentious brooms

CURLING

Equipment issue brewing ahead of Scotties, Brier

Curling's sweeping saga is heating up again ahead of the men's and women's Canadian curling championships.

The Frankenbroom controversy of 2015 has sprouted a second head on the eve of curling's marquee events and could create tension between teams.

The World Curling Federation declared a moratorium on broomheads with "directional fabric" in November with Curling Canada following suit. But new issues with currently legal brooms have left curling's governing bodies with little time to react before the Canadian championships.

The Scotties Tournament of Hearts main draw starts Saturday in Grande Prairie, Alta. The Tim Hortons Brier follows March 5-13 in Ottawa.

Brooms with brushheads featuring "artificially textured" fabric and hard inserts were banned after almost 50 of the world's top teams declared they would not use them. The brooms were used to manipulate the trajectory of a thrown rock in unprecedented ways, and curlers were worried they would affect the integrity of the game.

But the brooms also spawned a radical directional sweeping technique, with one sweeper sweeping at a time instead of two simultaneously. One sweeper enhances the rock's curl, while the other sweeper is responsible for making the stone glide straight.

Chelsea Carey says the debate over hair brushes has created tension within Canadian curling. THE CANADIAN PRESS FILE

The technique continued after the Frankenbroom ban because sweepers can influence a stone's movement in the same manner, though to a lesser extent, with "legal" brooms.

Directional sweeping is a trending topic heading into the Scotties and Brier, but another broom brouhaha is brewing.

Brushes made with natural hog or horse hair were introduced to the sport in the 1980s, but have also undergone a recent transformation. They're now produced with synthetic hairs or a combination of synthetic and natural.

Hair brushes are legal under the rules and known to be effective in frosty ice conditions. They're in heavy use again because of directional sweeping.

But there is debate raging in the curling community over whether a hair brush scores the ice with the same intensity as the banned directional fabric and thus impacts a rock's movement the same way.

It has created bad feelings at some provincial championships in the form of pointed comments and complaining to officials.

"There's definitely been instances of tension," said Alberta skip Chelsea Carey, a Winnipeg native. "It's basically been people disagreeing with hair brooms being legal or kind of taking the stance they already are illegal, which they are not.

"It really kind of puts a damper on what used to be a lot of fun and great camaraderie between teams and opponents and things like that, but now has become a bit contentious in some cases."

Curling Canada's high-performance director Gerry Peckham says there isn't enough time for WCF to study hair brushes and come up with a policy for its member federations prior to the Scotties, Brier and the men's and women's world curling championships.

"How could you ever have anticipated that two different sweeping devices and two different products would both go through a manufacturing transition in such a short period of time, where one wasn't a viable option for the other?" Peckham asked.

"The perfect storm."

TRIAL RUNS

Newfoundland skip and Olympic gold medallist Brad Gushue says testing his team has done proves a hair brush straight out of the box scratches the ice as much as the outlawed directional fabric does. Gushue's team has posted video of their testing on YouTube.

"A new hair brush has the exact same impact," Gushue said. "I'm hoping it gets banned before the Brier. It shouldn't be in play. We have too much control over the rock with those brooms."

But Gushue says if Glenn Howard's Ontario team pulls hair brooms out of their curling bags in Ottawa, his team will too.

MLB

Harvey, Mets have long-term potential

Matt Harvey appears open to considering a long-term contract with the New York Mets.

"I think whatever comes up is going to come up," Harvey said Monday, two days before Mets pitchers and catchers are due to report for spring training. "I've never shied away from it. I've never said I wouldn't consider it. But I haven't heard anything considering that."

After helping the Mets reach the World Series for the first time since 2000, the 26-year-old right-hander was eligible for salary arbitration for the first time and agreed to a one-year deal worth $4,325,000. He is eligible for free agency after the 2018 season, and his agent, Scott Boras, usually prefers his clients test the market.

Mets general manager Sandy Alderson says he would consider talking about long-term deals with his talented young starting pitchers if there was mutual interest. Jacob deGrom could become a free agent following the 2020 season, and Noah Syndergaard and Steven Matz after the 2021 season. Zack Wheeler, projected back this summer following Tommy John surgery, could become a free agent following the 2019 season.

Harvey was 13-8 with a 2.71 ERA and 188 strikeouts in 189-1/3 innings last year after returning from Tommy John surgery. He went 2-0 with a 3.04 ERA in four post-season starts.

THE ASSOCIATED PRESS

My body feels great, my arm feels great and I think all of us as a staff and as a whole organization feel great about this year.

Mets starting pitcher Matt Harvey

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DAILY TREAT

Winnipeg metro

RECIPE Quinoa Stuffed Peppers

Ceri Marsh & Laura Keogh
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

Ready in
Prep time: 30 minutes
Total time: 60 minutes
Makes: 8 peppers

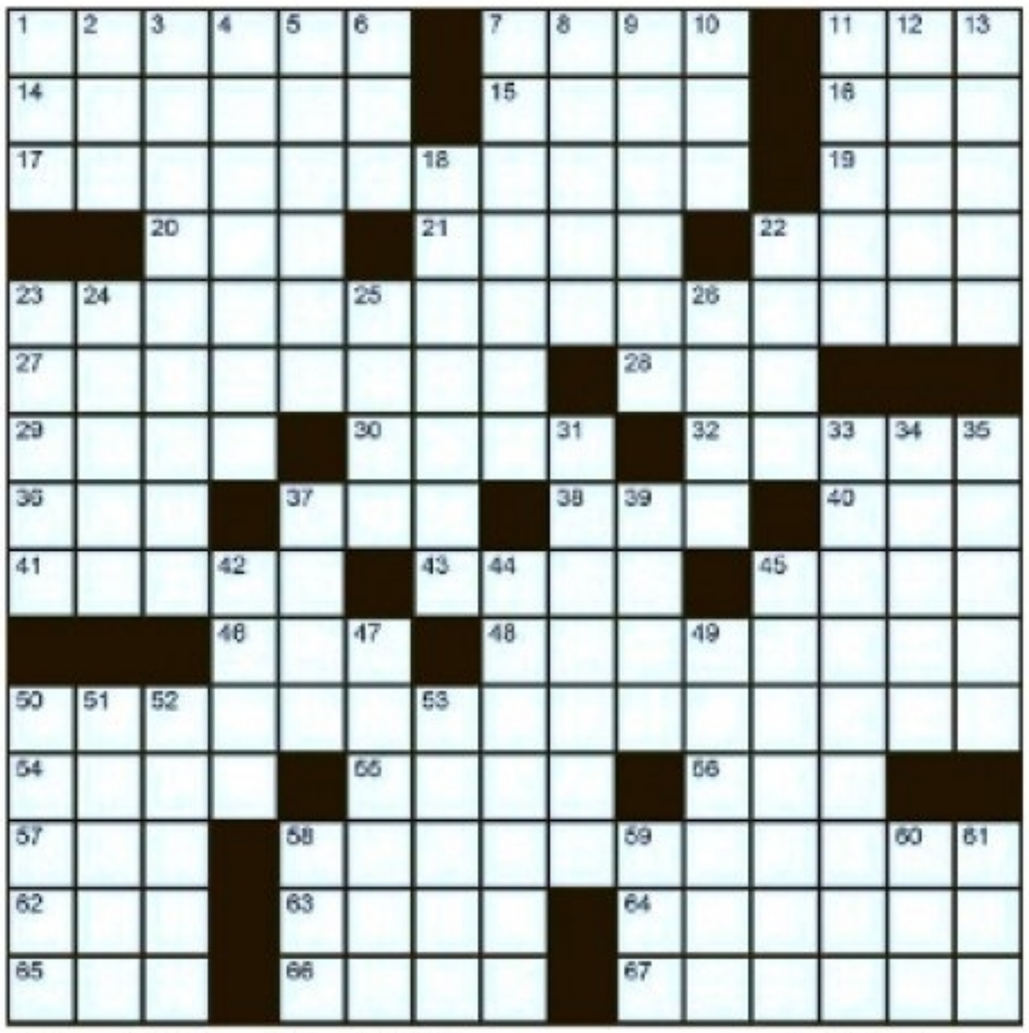
Ingredients
- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced
- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

Directions
1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla _"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, _ _ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. _ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb _'_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser
48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.
57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet _ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman money
66. U.S. liquid meas.: 2 wds.
67. Primps

DOWN
1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paintings like The Death of Actaeon
5. Pied-_-_ (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness
[var. sp.]
10. Rita Hayworth's royal husband, _ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. "_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's "_ _ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. _-faire
45. Cause _ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so.": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

Taurus April 21 - May 21
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

Gemini May 22 - June 21
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

Cancer June 22 - July 23
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

Leo July 24 - Aug. 23
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

Virgo Aug. 24 - Sept. 23
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

Libra Sept. 24 - Oct. 23
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

Scorpio Oct. 24 - Nov. 22
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

Sagittarius Nov. 23 - Dec. 21
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

Capricorn Dec. 22 - Jan. 20
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

Aquarius Jan. 21 - Feb. 19
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

Pisces Feb. 20 - March 20
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	6	3	8	9	4	1	
	3						7	
						6		
					5			
		4	6	9	7	5		
			2					
		9						
	4						8	
	7	1	4	6	8	9	3	

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FRIDAY'S ANSWERS

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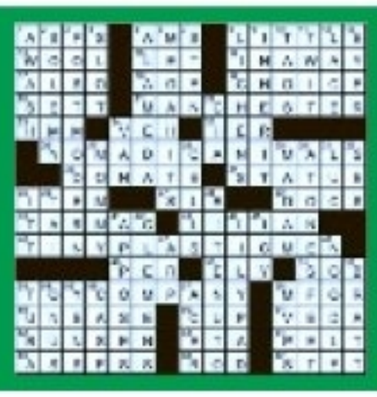

3	5	2	4	1	9	7	8	6
9	1	6	7	8	5	3	2	4
4	7	8	6	2	3	1	9	5
8	6	7	1	3	4	9	5	2
5	4	1	9	7	2	6	3	8
2	3	9	5	6	8	4	1	7
1	2	4	8	9	6	5	7	3
6	9	3	2	5	7	8	4	1
7	8	5	3	4	1	2	6	9

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